

# *Welcome to the Redwood Class!*

**Eagles**



**S.O.A.R.**

*Room 5, CMP Capitol Campus at Thomas Jefferson Elementary  
School*

Teacher: Ms. Elizabeth Kopper

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Teacher's Assistant: Ms. Cathie Fitzwater

## **Daily Schedule**

8:15	Arrival, journaling, reading
8:30	Morning meeting
8:45	Writer's workshop (Mon., Wed., and Thurs.) Class meeting (Tues.) Outside games (Fri.)
9:15	PE (Mon. - Thurs.)
9:30	Independent work time, lessons, snack
11:30	Read aloud and sharing circle
12:00	Lunch, then 12:30 recess
1:00	Silent reading time (M, W, F) Buddy reading (T, Th)
1:30	Outdoor Education (M), Sciences (T), P.E. (W), Art (Th), choice (F)
2:30	Clean-up
2:45	Closing circle
3:00	Club M, Sibling/Car line

## Homework of the month

September Timeline of my life	October Writing addresses	November Making dinner together	December Helping around the home	January Book report and book exchange
February Math madness 100 <sup>th</sup> day project	March Geometry month	April Report on a tree	May Growing a seed	June Free choice

### SNACK

<p style="text-align: center;">Appropriate Snack Choices</p> <ol style="list-style-type: none"> <li>1. cut up fruits and vegetables (number one healthy choice!)</li> <li>2. nuts (no hydrogenated oils added)</li> <li>3. edamame</li> <li>4. dried fruit (no sugar added)</li> <li>5. trail mix (no sugar, corn syrup, HFCS, or artificial ingredients added)</li> <li>6. sliced cheese (cheese sticks create a lot of plastic trash)</li> <li>7. crackers (such as cheddar bunnies, Back to Nature brand) (low sugar, no corn syrup, partially hydrogenated oils, or artificial ingredients—read labels!)</li> <li>8. plain yogurt and honey</li> <li>9. whole grain bread (read labels) and butter</li> <li>10. anything homemade and low sugar</li> </ol>	<p style="text-align: center;">Inappropriate Snack Choices</p> <ol style="list-style-type: none"> <li>1. yogurts (so much trash, mess, and sugar)</li> <li>2. Quaker granola bars (have you read the ingredients on those things?)</li> <li>3. fruit roll ups</li> <li>4. goldfish crackers (especially colored goldfish—try cheddar bunnies instead!)</li> <li>5. Uncrustables or anything that looks like them</li> <li>6. cookies</li> <li>7. sugary, spongy muffins made from very refined ingredients</li> <li>8. candy, of course</li> <li>9. part of a lunchable</li> <li>10. juice of any kind (water only in class)</li> <li>11. meat of any kind (some students may not eat meat)</li> <li>12. individually wrapped crackers, or anything</li> </ol>
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### Volunteering in the Classroom, and Field Trips

Each family is required to fulfill 40 hours of volunteering for your student's class. These can be earned through taking prep work home, volunteering in the classroom, or attending field trips. **PLEASE** make sure you have fulfilled the several requirements in order to work in the classroom and go on field trips. Paperwork often gets out of date without us realizing it!

#### Jobs to take home (**paperwork needed:** none):

1. washing job rugs/placemats/napkins
2. cutting and coloring to make new jobs
3. copying
4. purchasing materials (spending money counts toward hours)
5. prepping for a project

**Volunteer classroom jobs (paperwork needed: TB testing, Livescan):**

1. reading with students (mostly 1<sup>st</sup> and 2<sup>nd</sup> graders)
2. bringing in an art project to do with students (knitting/crocheting, clay)
3. helping students with their weaving
4. weekly cleaning (includes spraying surfaces/doorknobs, wiping counters, dusting)
5. language tower organizing
6. copying and laminating
7. gardening with students (so fun!)
8. classroom plant care (re-potting, checking)
9. cutting inset paper (5.5 by 5.5)
10. **We welcome any ideas you have for projects/donations to the class!!** Come in and teach something!!!

**Volunteering for field trips**

**Paperwork needed:** TB testing, Livescan, copy of insurance (100,000/300,000 liability), current DMV report (make your appointments today!!), copy of valid driver's license, copy of current auto registration. Even if you want to drive your own child, you need to provide the school with a driver's license and a copy of your insurance.

The Redwood class will have one field trip per month for the whole school year, starting in October. We will need five parent chaperones for each trip, and at least 5 drivers per car trip. This means that we need YOU to make sure you have ALL your paperwork in for driving and/or chaperoning **ASAP**.

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Your child's field trip permission form needs to be turned in at least **TWO WEEKS before** each field trip. We recommend printing out as many forms as you can from the class website and turning everything in at once.

<u>Turn-in date</u>	<u>Field trip date</u>
Sept. 21	Oct. 5—American River
Oct. 5	Oct. 19—High Hill Ranch, Camino
Oct. 25	Nov. 9 and March 28—Monroe Ridge Trail
Nov. 10	Dec. 1—Crocker Art Museum
Dec. 16	Jan 13—Nimbus Fish Hatchery
	Feb. 15--TBD
May 1	May 16—Soil Born Farms
May 23	June—Aquatics field trip--TBD

Field trip dress code: Burgundy CMP shirt, plus jeans or khakis. Please **PACK A LUNCH TO GO**.

<b>Cost per field trip:</b>	High hill: \$4 per student and adult	Monroe: \$5 per student and adult	Crocker: \$4.50 per student, \$7 per adult	Soil born: \$15 per student
Nimbus: FREE	Aquatics: TBD	February: If it's Cosumnes River, then FREE	American River: FREE	<b>Total cost: \$28.50 for the year, for 1 child. Total cost for 1 adult: \$16.00</b>

## Sharing

<p>Items appropriate for sharing</p> <ol style="list-style-type: none"> <li>1. Something that relates to learning, for example: <ol style="list-style-type: none"> <li>a. Anything from nature</li> <li>b. An instrument</li> <li>c. Tools, gadgets that do different things</li> <li>d. Poster</li> <li>e. Book</li> <li>f. Music from another country</li> </ol> </li> <li>2. Anything unique to the child or family <ol style="list-style-type: none"> <li>a. Picture album</li> <li>b. Memorabilia</li> <li>c. Cultural heritage items</li> </ol> </li> </ol>	<p>Items inappropriate for sharing</p> <ol style="list-style-type: none"> <li>1. Toys <ol style="list-style-type: none"> <li>a. Dolls</li> <li>b. Action figures</li> <li>c. Stuffed animals</li> <li>d. board games</li> </ol> </li> <li>2. Jewelry</li> <li>3. Clothing</li> <li>4. Electronic things</li> <li>5. Movies</li> <li>6. Action figure or cartoon books (i.e. Pokémon or Barbie)</li> </ol>
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## Events timeline:

September 22: Spaghetti feed/Peace Day celebration Noon	October? Harvest Festival	November	December 16: Continent Party 5:30-7 pm	January
February 24: Parent Appreciation Tea 10 am	March 30: Science Fair 9 am to 3 pm	April 27: Earth day event 5:30-7 pm	May 12: Art, Wine, and Cheese 6-9 p.m.	June 8: End of year celebration 9:30 a.m. June 13: 3 <sup>rd</sup> grade graduation 9 a.m.

